# Meditations for Peace

Theosophical Order of Service

## WHY MEDITATE FOR PEACE?

Our world is torn with strife, though the people long for peace. Yet how is peace to be achieved? This question is asked on every side. Only by seeking for root causes, can we hope to find the solution to the crisis of our age.

Wars, riots, violence, incredible evidence of man's inhumanity to man, exist. Why? First, we have to realize that no act is performed which does not arise originally in consciousness. So, it is in the content of consciousness that the change must come.

Increasingly, aggression and fear hold sway to an alarming degree in this realm. When F.D.R. said: "We have nothing to fear but fear itself," he recognized the danger of mass hysteria. Today there is much concern regarding our polluted environment, but nowhere is this pollution more alarming than in the mass psychosis which produces wars and violence on the one hand and petty disputes and intolerance on the other.

Here, indeed, is a challenge for men of good will. Truly there is work to be done; and this work can best be accomplished by meditation.

To quote our National President, Miss Joy Mills:

"Peace can only come about when the psychic atmosphere of the world is changed, and that change must be accomplished through thought and meditation as well as that inner awareness by which each individual comes to peace within himself."

Persistent, regular aspiration and devotion will pour into the psychic atmosphere a stream of beauty and joy which will neutralize the fears and hatreds that now hold sway, and peace will be restored to mankind.

And so, that each worker for peace may be effective, he should become a center of serenity, joy and peace, which can and must be radiated consciously and with dedication on every side.

Space here does not permit detailed instruction in the art of meditation, but excellent books are available. A list is appended below. For those who prefer step-by-step instruction, Donna Sherry Lord's **"STUDY COURSE"** is most helpful.

Some suggestions for Peace meditations have been included in this leaflet. The worker might begin with "INVOCATION TO MEDITATION" repeating each phrase with dedication and aspiration. Follow with the prayer of St. Francis. **WILL** the spiritual power to flow out to the farthest corners of the world. Hold all humanity in your heart with love. Then go out into the world radiating peace and blessing.

If at all possible meditations should be in the morning as this sets the tone for the day. Then periodic points of remembrance help to keep the center open and the blessing of peace pouring through.

Other meditations can be added or substituted as they appeal to the worker. The choice will usually be determined by the temperament of the worker.

If a group can be formed the power increases geometrically. But if this is not practicable, a dedicated worker can achieve wonders alone.

Intense commitment and a profound desire to serve will carry the neophyte far on the road in solving initial problems that often beset the less dedicated. What is needed is an understanding of the reality of Peace, which is certainly not just a static absence of war, but rather a dynamic state of serenity, joy and love.

MAY PEACE COME — AND SOON!

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Books for further study:

**"Meditation for Beginners"** — Wedgewood
**"Meditation"** — Clara Codd
**"Meditation"** — Adelaide Gardner
**"Meditations on the Occult Life"** — Geoffrey Hodson
**"Concentration and Meditation"** —
Christmas Humphreys

## INVOCATION TO MEDITATION

O Gracious Lord, I enter Thy Radiance and approach Thy Presence, bearing with me the service done in Thy Name and for Thee. I seek to become a more efficient server, and I open my heart and mind to the Power of Thy Love, Thy Joy, and Thy Peace.

In Thy Presence, Thy Love floods my being, Thy Love which is gentleness, kindness, helpfulness. I must therefore be loving, kind and helpful to all men.

In Thy Presence, Thy Joy pervades me — Joy which is Light, Radiance, Eternal Youth. I must therefore bear Thy Joy to those who are sad and depressed.

In Thy Presence, Thy Peace enfolds me, and fills me with contentment, certainty, rest, stillness. Thy Peace which passeth all understanding. I must therefore be a center of Love and Joy and Peace in the world.

At Thy Feet, and in the light of Thy Holy Presence, I strive to realize what I am. I am not this body which belongs to the world of shadows! I am not the desires which affect it. I am not the thoughts that fill my mind. I am not the mind itself. I AM THE DIVINE FLAME WITHIN MY HEART, eternal, immortal, ancient without beginning, without end. More radiant than the sun in all its noonday glory, purer than the snow, untouched, unsullied by the hand of matter, more subtle than the ether, is the Spirit within my heart.

I and my Father are One. I worship Thee, I adore Thee, Thou my Life, my Breath, my Being my All. I am in Thee and Thou art in me. Lead me, O Gracious Lord thru Thy Illimitable Love to union with Thee and the Heart of Eternal Love.

In Thy Love I rest forevermore.

## PRAYER OF ST. FRANCIS

LORD, MAKE ME A CHANNEL FOR THY PEACE . . . .

That where there is Hatred
I may bring Love

That where there is Wrong,
I may bring the spirit of
Forgiveness.

That where there is Discord
I may bring Harmony

That where there is Error
I may bring Truth

That where there is Doubt
I may bring Faith

That where there is Despair
I may bring Hope

That where there is Sadness
I may bring Joy

Lord, grant that I may seek to comfort
Rather than to be comforted

To understand, than to be understood

To Love, than to be loved.

For

It is by giving, that one receives

It is by Self-forgetting, that one finds;

It is by forgiving, that one is forgiven;

It is by dying, that one awakens to Eternal Life.

## WILL TO GOODWILL

1. Sit quietly with thoughts concentrated on brotherhood in the most beautiful conception you can reach.

2. Gradually withdraw as completely as you can from all circumstances of the outer world — mind empty and feelings blank as you can make them.

3. Fill yourself with the spirit of seeking the most perfect expression of brotherhood. Yearn after it in a spirit of exaltation. Climb Everest on whose summit relatively pure brotherhood is to be found.

4. Lose yourself in this brotherhood. Dwell on it as in an ecstatic trance. Be extremely alive and become withdrawn inwards.

5. Then holding fast to it, descend — turn outwards.

6. Radiate this brotherhood:
   a. upon those near and dear to you.
   b. upon those in your vicinity, your faith, your nation
   c. upon the warring nations, the neutral nations and the faiths of the world.

7. Fill them with goodwill, understanding, righteousness and the spirit of true peace.

8. All this can be done as in flashes of lightning. But it must be done full of **will** — inexorable, penetrating, irresistible, carrying all before it. VICTORIOUS. You must sense that you have WON all nations and faiths and people for peace.

9. A moment's quiet for return to the normal world.

10. Then the resumption of normal duties, but with a background, an undercurrent, of the dedication to come into the foreground on the next occasion for the exercise.

Having established a harmonious state of mind, enter into the stillness of the Inner Self where Peace abides.

Let that Peace serene flood your being. Feel it lifted and expanded and let its rays shine out upon the world.

May the Spirit of Peace guide the Nations of the world into the way of Justice and Truth, that men may learn to live together in harmony and good will.

AFFIRM: ONE LIFE, ONE WILL, ONE BROTHERHOOD OF NATIONS

MAY THE SPIRIT OF UNITY AND THE POWER OF LOVE WHICH KNOWS NO BARRIERS, MAKE BROTHERHOOD A LIVING REALITY.

* * * *

O POWERS OF LOVE

We pledge to you our faithfulness, knowing that only love can redeem the world.

We invoke your blessing upon all who strive to serve you.

We invoke your blessing upon all who in these days of crisis have to endure suffering, that they may joyfully discover their enfoldment in your love, even in the midst of their affliction.

We invoke your blessing upon all who willfully inflict suffering, that they may be moved to return to you and serve you.

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PEACE TO ALL BEINGS

Oh Lord of Life and Love
Teacher of angels and of men
We invoke Thy mighty power in all its splendour
Thy undying love in all its potency
Thy infinite wisdom in all its perfection
That they may flow thru us
in a relentless flood
Into this war-torn world.
Before the living stream of Thy resistless power
All darkness shall melt away;
The hearts of all men shall be changed
And they shall seek and know
The way of Peace and Light!

* * * *

O Universal Spirit
May the strengthening force of Thy Life
vibrate thru this channel
The radiant light of Thy Wisdom
shine thru this channel
The healing power of Thy Love
pour thru this channel
That Peace and the realization
that all are ONE
May grow in the hearts of men

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May the Forces of Light
bring illumination to mankind
May the Spirit of Peace
be spread abroad
May the Law of Harmony prevail
May men of goodwill everywhere
meet in a spirit of cooperation.

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DEPARTMENT OF PEACE

Additional copies may be
obtained by writing:

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